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EDC 102

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Annotated Bibliography

CQ Researcher: Preventing Obesity

Mantel, B. (2010, October 1). Preventing obesity. CQ Researcher, 20, 797-820. Retrieved from <http://library.cqpress.com/cqresearcher/>

Summary: Over the past few decades, obesity in the United States has increased substantially in both children and adults. Barbara Mantel stated that “in 2001, the nation’s surgeon general went so far as to call obesity an epidemic.” Once this claim was made, obesity became this hot topic in America. Statistics show that obesity in the children has reached about a third of the population and adults it has been raised to two-thirds. With the rise in obesity and overweight issues, many health problems have been linked to a risk to different cancers such as kidney, breast, and gall bladder cancer. Also, another problem is that spending for food has drastically changed over the past couple of years. Fast food and sugar drinks can be extreme cheap and healthy foods such fruits and vegetables are getting pricier due to problems with farmers. Nowadays, the typical adult is working a desk job and on the computer all day. At schools, there is a lack of physical education and vending machines in most public schools.

Response: With all the research, data, and statistics provide in this article, it is shocking to see the differences of the course of 30 years. The statistic showing that obesity rates have reached 30% in most areas is an interesting thought. How did it come to this? People eating out more, getting less exercise, more tempted to lie around, there are so many excuses people give nowadays but seeing the statistics would shock most people. If we are to stop obesity and overweight issues, it needs to start with children in public schools. There has to be more healthy alternatives and more time for the children to be active. Having them sit around and learn all day won’t help them physically and will drain them mentally. Put healthy foods in the vending machines and in the lunchrooms too.

Junk Food in Schools: An Overview

Ballaro, B., & Griswold, A. (2014) Junk Food in Schools: An Overview. *Points Of View: Junk Food In Schools,* 1.

Summary: Junk food has and is still a significant factor of childhood obesity. It has been offered in school lunches, vending machines, and school related places. Children have exposed to eating unhealthy since they were two years old and most continuously eat all through to college and adulthood. Eating these unhealthy foods has caused children at younger ages to be at risk towards Type 2 Diabetes and hypertension. A major problem is most schools do not want to get rid of the junk foods because it brings tens of thousands of dollars a year. Also, schools will have big name companies sponsor the school while the product is offered in the school. These food and soda companies will spend millions of dollars on advertising towards young children just to get them hooked on their product. When growing up, children will mainly eat the food at their house, in the school cafeteria, and friends’ houses. This can lead down a good or bad path towards eating the right food. Most children don’t the healthy foods because of the taste or smell or it’s the packaging can lead to not eating it. Food companies can market their product well and children want what appeals to them.

Response: Everything this article is saying is completely on point. Junk food companies are relentless in getting their product out to everyone, especially children. Once the company makes the product appealing to children, they will ask for it from their parents. What stuck out to me was the amount of money schools make every year from vending machines. Tens of thousands of dollars off of vending machines where everything is normally priced at about a dollar, that’s a scary thought. The fact that children will continuously go to vending machines to get food to the point thousands of dollars are spent is simply ludicrous. They need to put healthy food and drinks into these vending machines so the money is spent towards something good.

Eating Disorders Caused By Nutrition/Fitness Education in Schools? I’m Not Buying It

Siegel, Bettina E. (2012). Eating Disorders Caused By Nutrition/Fitness Education in Schools? I’m Not Buying It. *Huffington Post Education.* Retrieved from [www.huffingtonpost.com](http://www.huffingtonpost.com)

Summary: Some schools have begun running programs towards anti-Obesity. There are incentives for completing physical activities. Parents are worrying about their children who becoming too active, seeing this as interventions towards obesity. Since obesity has reached 30% in children in the nation, there have been different methods to trying to solve this epidemic. Schools have been educating schools on nutrition, but having physical activity interventions has been one of the more extreme methods.

Response: Hearing of this extreme case of anti-Obesity, this shocks me how it was thought up and how are children responding to this with completing these physical assessments. It seems as if these children, want to be physically strong, which is good, but they are basically training like soldiers in the Army. All the schools need to do is substitute in healthy foods, promote recess, and teach them about nutrition. In doing that, children will learn how to not fall into obesity and live a normal healthy lifestyle.

Managing Diabetes at School

Summary: When sending your child to school, make sure they are prepared for anything diabetes-related. At the beginning of the school year, the parent should contact the school and talk about how the staff can help the student with diabetes. Have Diabetes Medical Management Plan so the student can be ready for situations and have staff aware of helping manage the student with diabetes. A student with diabetes should have the necessary supplies in their backpack; they should have items such as testing strips, insulin and syringes, wipes, and water. They should also have food that will give them fast acting carbohydrates such as candy, soda, orange juice, or raisins. When sending the student to school, make sure that he or she is capable of managing their diabetes, if not, make sure there is a staff member you can help them. Two things that will help a child with diabetes is eating healthy and getting physically activity every day. These things will benefit the child and make life fun with doing activities. Make sure the child is in a safe and supportive environment and the student can learn and enjoy their time at school.

Response: Reading this article on Diabetes makes you realize everything that goes into staying healthy and managing Diabetes in a school setting. Everyone around a child with Diabetes should help them manage the Diabetes and help them with blood sugar. If it’s not the people around them, children with Diabetes could have a very tough time in school. Being aware of Diabetes is important to the staff at schools because they are responsible for the children and helping a child with Diabetes is a commitment. As long as the child is prepared, has the necessary supplies, and knows how to manage their Diabetes, then the student can be safe and be supported in school.

Food Policy Debates

Kiener, R. (2014, October 3). Food policy debates. CQ Researcher, 24, 817-840. Retrieved from http://library.cqpress.com/cqresearcher/

Summary: A lot of the blame for children being more at risk for obesity or diabetes is directed towards large food companies. These companies are attracting people with flashy marketing and inexpensive and unhealthy products. Statistics show that many Americans are overeating and eating unhealthy, to point that it estimated that 50 percent of adults will be obese by 2030. The main challenge is getting the fruit and vegetable industries need to attract and sell more to consumers. Most people want to eat these healthy fruits and vegetables, but they end up buying processed foods and beverages because of convenience. Eating habits have begun to change; more people are reading nutrition labels and are starting to avoid food filled with sugar, salt, and fats. But nowadays, restaurants will either change their menus to healthier, small-portioned meals or they will promote supersized meals that promote overeating. Big food eating challenges are very popular today, they are all around the country and people will purposely go to restaurants for these challenges.

Response: I agree with many points in the article, eating out or finding cheaper, inexpensive processed foods is becoming very common in the United States. What people don’t realize is that these are far from healthy for you and are just cheap and lazy ways of feeding yourself. I believe that if things stay the way they are, obesity rates will hit that 50 percent mark. People need to start going for fruits and vegetables regularly to maintain a steady diet. Also, they should be more conscious of overeating, which happens more than it should and is easily preventable. Luckily, most people are reading nutrition labels and avoiding unhealthy things and sugar and salt. This awareness will improve people’s chances of eating healthy and picking the right foods to eat.

### Summary of Summaries: Obesity and Diabetes rates in children is increasing every year due to unhealthy school lunches, junk food in vending machines, and cheap snacks offered in stores. Children will eat what is available to them at home, in school, and their friend's houses, this can influence the child in many ways. Children also nowadays are not getting enough physical exercise and spend most of the day in front of a screen. The students need to be educated on how to stay active and how to eat healthy to maintain a steady diet. Fruit and vegetable price have been increasing over the past decade and people do not want to pay higher prices for healthy foods. So they go out and purchase the flashy, well marketed cheap foods and beverages that are filled with sugars and fats that are unhealthy for children. It's because of this that more children are becoming obese and diabetic. Managing Diabetes in schools can be tricky, the staff needs to be properly informed about the person's diabetes and know precautions for situations. They need to feel safe at school and that if they need help someone around them can help. All of this research shows that public schools should be aware to obesity prevention and Diabetic management.